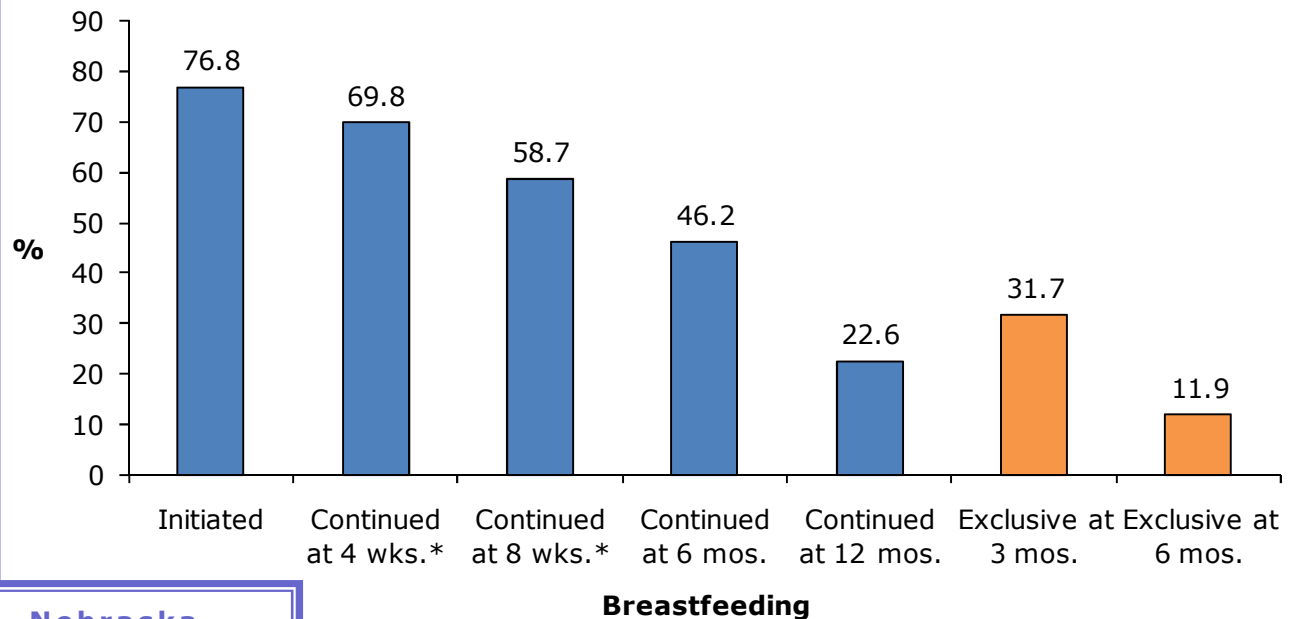


Breastfeeding in Nebraska

Figure 1: Percentage of Nebraska mothers who reported initiating, continuing, or exclusively breastfeeding, 2006



Nebraska Breastfeeding Quick Facts 2006:

- ◆ Approximately 3 in 4 mothers reported initiating breastfeeding after delivery.
- ◆ Fewer than half of mothers reported continuing to breastfeed at 6 months, while fewer than 1 in 4 reported continuing to breastfeed at 12 months.
- ◆ Only 1 in 3 mothers reported exclusively breastfeeding at 3 months.

Sources: NIS 2006 (provisional data);

*PRAMS 2006

Supports for Breastfeeding in Nebraska

- ◆ There are only 2 International Board Certified Lactation Consultants per 1,000 live births.
- ◆ There is fewer than 1 La Leche League group per 1,000 live births. For more information, visit www.llli.org/resources.
- ◆ There is no state legislation about breastfeeding in public places or about mandating employer lactation support.
- ◆ There is one statewide breastfeeding coalition with a public website. For more information, visit www.nebreastfeeding.org.

Source: 2009 Breastfeeding Report Card

Breastfeeding...the healthy choice for moms and babies!

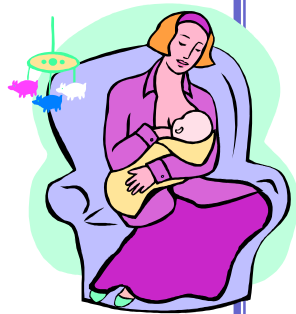
Breastfeeding is linked to a lower risk of a variety of health conditions, including:

In infants:

- ◆ Ear infections
- ◆ Stomach viruses
- ◆ Diarrhea
- ◆ Respiratory infections
- ◆ Asthma
- ◆ Obesity
- ◆ Childhood leukemia
- ◆ Sudden infant death syndrome (SIDS)

In moms:

- ◆ Type 2 diabetes
- ◆ Breast and ovarian cancer
- ◆ Postpartum depression (PPD)



The American Academy of Pediatrics (AAP) recommends exclusive breastfeeding during the first six months of life, and continued breastfeeding for at least the first year of life.

Healthy People 2010 Objectives

- ◆ 75% of mothers initiating breastfeeding
- ◆ 50% of mothers continuing to breastfeed their infant at 6 months of age
- ◆ 25% of mothers continuing to breastfeed their infant at 12 months of age
- ◆ 40% of mothers exclusively breastfeeding their infant through 3 months of age
- ◆ 17% of mothers exclusively breastfeeding their infant through 6 months of age

Interested in helping to create policies and environments to improve supports for breastfeeding in your community?

Check out the Nebraska Physical Activity and Nutrition State Plan!

(available at www.hhs.state.ne.us/hew/hpe/nafh/Docs/PANstateplan.pdf)

For more information about breastfeeding, or to order color reprints of this report, contact:

Nutrition and Activity for Health
301 Centennial Mall South, P.O. Box 95026
Lincoln, NE 68509-5026
Phone: 402-471-2101
Fax: 402-471-6446
Website: www.dhhs.ne.gov/nafh

**Nutrition & Activity
FOR HEALTH**
—PREVENTION WORKS

About the data sources: The **2009 Breastfeeding Report Card** shows how breastfeeding is being protected, promoted, and supported in each state using five outcome and nine process indicators. The five outcome indicators directly track the *Healthy People 2010* breastfeeding objectives and are estimated using data from the annual **CDC National Immunization Survey (NIS)**. NIS uses random-digit dialing to survey households with children ages 19–35 months.

The **Nebraska Pregnancy Risk Assessment Monitoring System (PRAMS)** is an ongoing population-based surveillance system of maternal behaviors before, during, and after pregnancy which is used for planning and evaluating health programs for mothers and babies. PRAMS data is collected from a sample of women who have had a recent live birth, who are drawn from the state's birth certificate file. For more information, visit www.dhhs.ne.gov/prams/.